



## Elgin Blue Wave Workout

Monday 4/16/18

Workout Total 3800

Reps	x	Yds	Exercise	Interval	Rest
1	x	800	swim	800	0
12	x	50	im kick	600	15
16	x	50	im drill	800	15
1	x	400	easy	400	0
1	x	600	pull	600	0
1	x	600	swim	600	0